

Contact:
Mr. Jim Richardson, Health Educator
(305)727-1480.

Description:
This program consists of individual or small group counseling on smoking cessation. The target group is the maternity and family planning patients of the County Public Health Unit. Counseling is done on a volunteer basis during clinic hours. Materials from voluntary health agencies and idea sheets are used to guide the patient toward a quit day and to develop both short- and long-term coping strategies.

0244. BROWARD COUNTY PUBLIC HEALTH UNIT, DISTRICT 10, 2421 Southwest 6th Avenue, Fort Lauderdale, Florida 33315.

Program Title:
Maternal Health Clinics.

Contact:
Ms. Ellen G. Feiler, Health Education Director
(305)467-4807.

Description:
As part of a prenatal class presented to all maternity clients, the danger of smoking during pregnancy is discussed.

0245. BROWARD COUNTY PUBLIC HEALTH UNIT, DISTRICT 10, 2421 Southwest 6th Avenue, Fort Lauderdale, Florida 33315.

Program Title:
U-Turn To Health.

Contact:
Ms. Ellen G. Feiler, Health Education Director
(305)467-4807.

Description:
One segment of a health promotion program offered quarterly to Health Department employees is devoted to smoking. The session illustrates the health hazards of smoking and offers both motivation to never start and tips for quitting. Referral to community smoking cessation programs is also provided.

0246. DADE COUNTY DEPARTMENT OF PUBLIC HEALTH, DISTRICT 11, 1350 Northwest 14th Street, Miami, Florida 33125.

Program Title:
Freedom From Smoking.

Contact:
Mr. William Glenn, Program Coordinator
(305)623-3520.

Description:
The American Lung Association's Freedom From Smoking curriculum is implemented in a community setting. For more information, see the detailed program description in Part 1.

0247. DADE COUNTY DEPARTMENT OF PUBLIC HEALTH, DISTRICT 11, 1350 Northwest 14th Street, Miami, Florida 33125.

Program Title:
Lifestyle And Pregnancy.

Contact:
Ms. Sandra G. Schaps, Health Educator
(305)623-3520.

Description:
This program emphasizes the danger of smoking during pregnancy to prenatal patients of the Department of Public Health. This health concern is addressed in the lifestyle session of the prenatal curriculum. In addition, poster messages with a strong statement on smoking and pregnancy are displayed throughout the six satellite clinics.

0248. DADE COUNTY DEPARTMENT OF PUBLIC HEALTH, DISTRICT 11, 1350 Northwest 14th Street, Miami, Florida 33125.

Program Title:
Stop Smoking.

Contact:
Ms. Lori Jordahl, Training Specialist
(305)623-3520.

Description:
This five-session program is offered to health department employees as requested. The program uses a special monitor to measure expired air carbon monoxide levels in participants taking part in the program. Carbon monoxide levels are tested daily, and the information is used as feedback to the participant, testifying to body detoxification as a result of quitting smoking. In addition, smokers look at the reasons they smoke and develop behavioral approaches to combat these reasons.

0249. DUVAL COUNTY PUBLIC HEALTH UNIT, 515 West 6th Street, Jacksonville, Florida 32206.

Program Title:
Community Education.

Contact:
Ms. Delores M. Unsicker, Director, Health Education

Description:
The Public Health Unit implements a primary care program based on individual case management. Each patient, who is a smoker, is counseled on health risks and offered smoking cessation information. Other activities include participation in the American Cancer Society's Great American Smokeout, public service announcements, presentations to schools, and employee Wellness Fairs.

0250. DUVAL COUNTY PUBLIC HEALTH UNIT, 515 West 6th Street, Jacksonville, Florida 32206.

Program Title:
FreshStart.

Contact:
Ms. Delores M. Unsicker, Director, Health Education

Description:
The program is conducted by the health education staff quarterly. For more information, see the detailed program description in Part 1.

**0251. ESCAMBIA COUNTY HEALTH DEPARTMENT,
Post Office Box 12604, 2251 North Baylen Street,
Pensacola, Florida 32501.**

Program Title:
The Smoking Sam/Sametha Program.

Contact:
Mr. Ferd Chappa, Health Educator
(904)435-6574.

Description:
Hour-long presentations are made to area schools as requested. As many as 300 presentations are made during a school year. Using a mannequin of a man and a woman, the effects of smoking on the heart, lungs, and brain are shown. The objective is to teach children at an early age the harmful effects of smoking.

**0252. ESCAMBIA COUNTY HEALTH DEPARTMENT,
Post Office Box 12604, 2251 North Baylen Street,
Pensacola, Florida 32501.**

Program Title:
Freedom From Smoking Clinics.

Contact:
Mr. Ferd Chappa and Ms. Kelly Shaw, Health Educators
(904)435-6574.

Description:
This American Lung Association program is offered to the community four times a year. For more information, see the detailed program description in Part 1.

**0253. FLORIDA DENTAL ASSOCIATION, 3021 Swann
Avenue, Tampa, Florida 33609.**

Program Title:
Oral Cancer Education Program.

Contact:
Mr. Robert M. MacDonald, Assistant Executive Director for Information Services
(813)877-7597.

Description:
One of the predisposing factors in the development of cancer is longstanding chronic irritation, and among the most common irritants are tobacco and tobacco smoke. The Florida Dental Association, in affiliation with the American Dental

Association, conveys this message in a booklet designed to reinforce the knowledge that smoking is hazardous to oral health. Also available are dental information packets, including material that deals with the hazards of smoking. Posters, pamphlets, desk signs, and tent cards are available, all with a no-smoking message.

**0254. FLORIDA DEPARTMENT OF HEALTH AND
REHABILITATIVE SERVICES, 1317 Winewood
Boulevard, Tallahassee, Florida 32399-0700.**

Program Title:
Chronic Disease.

Contact:
Mr. William Mahoney, Chronic Disease Program Supervisor
(904)488-2901.

Description:
Service delivery is handled by each of the 67 county public health units individually. Technical assistance, referral and consultation is provided to the health units by the Chronic Disease Program of the Department of Health. Chronic Disease staff are responsible for program-specific technical assistance to county public health units. State-of-the-art information and materials are available. County health unit staff are encouraged to network and cooperate with local Cancer Society and Lung Association affiliates to avoid duplication of programs and encourage cooperative efforts.

**0255. FLORIDA HOSPITAL, CORPORATE/COM-
MUNITY HEALTH SERVICES, 601 East Rollins
Street, Orlando, Florida 32803.**

Program Title:
Breathe-Free Plan To Stop Smoking.

Contact:
Ms. Susan Sands, Program Coordinator
(305)897-1929.

Description:
The Seventh-Day Adventists' Breathe-Free Plan To Stop Smoking is offered at community locations and corporate sites. One-on-one counseling is also available. For more information, see the detailed program description in Part 1.

**0256. FLORIDA HOSPITAL, CORPORATE/COM-
MUNITY HEALTH SERVICES, 601 East Rollins
Street, Orlando, Florida 32803.**

Program Title:
Smokeless.

Contact:
Ms. Susan Sands, Program Coordinator
(305)897-1929.

Description:
The Smokeless system, developed by the American Institute

for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

0257. NAPLES WELLNESS CENTER, NAPLES COMMUNITY HOSPITAL, INC., Post Office Box 2507, Naples, Florida 33939.

Program Title:
Smokeless.

Contact:
Mr. Henry Trollinger, Assistant Director
(813)263-8817.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

0258. NICOTINE WITHDRAWAL CLINIC, 2999 Hartley Road, Suite 201, Jacksonville, Florida 32217.

Program Title:
Stop Smoking.

Contact:
Ms. M. Eileen Wiggins, President
(904)262-3585.

Description:
This comprehensive medical treatment administered by a licensed physician for the cessation of smoking, addresses both the physiological effects and the psychological aspects of smoking. The process involves the administration of medication to eliminate the unpleasant withdrawal symptoms. The patients receive instructions on diet, stress management, and cognitive behavior modification to counteract the smoking habit. A trained staff monitor the patients' progress and success periodically, for up to 1 year.

0259. NICOTINE WITHDRAWAL CLINIC, 4700 North Habana, Suite 500, Tampa, Florida 33614.

Program Title:
Walk Away From Smoking Once And For All.

Contact:
Ms. M. Eileen Wiggins, President
(813)875-6114.

Description:
The Nicotine Withdrawal Clinic offers a comprehensive medical treatment administered by a licensed physician for the cessation of smoking. The treatment addresses both the physiological effects and the psychological aspects of smoking and involves the administration of medication to eliminate

or greatly decrease the unpleasant withdrawal symptoms normally associated with nicotine addiction. The patients also receive instructions on diet, stress management, and cognitive behavior modification to counteract the smoking habit.

0260. ORANGE COUNTY HEALTH DEPARTMENT, 832 West Central Boulevard, Post Office Box 3187, Orlando, Florida 32802-3187.

Program Title:
Life Skill Management.

Contact:
Mr. Bill L. Toth, Senior Human Services Program Analyst
(305)244-2620.

Description:
Health Department educators are routinely asked to address the Life Skill Management Classes taught to students in grade 9 in local schools. During these hour-long sessions, smoking is discussed in context with the leading causes of death in the United States. The objective is to reduce the tendency to give in to peer pressure to smoke.

0261. PASCO COUNTY HEALTH DEPARTMENT, 7511 Little Road, New Port Richey, Florida 34654.

Program Title:
Stop Smoking.

Contact:
Bonnie B. Sitko, M.P.H., Health Education Director
(813)847-0035.

Description:
This program combines techniques used in the American Lung Association's Freedom From Smoking program and the American Cancer Society's FreshStart program. The six-session program covers why people smoke, the physical aspects of smoking, cessation, the physical and emotional reaction to cessation, and the body's natural state of health. These classes are offered to employees and patients, free of charge, but are not yet available to the general public.

0262. ST. MARY'S HOSPITAL, INC., 901 45th Street, West Palm Beach, Florida 33407.

Program Title:
Smokeless.

Contact:
Ms. Sally D. Chester, Program Coordinator
(305)844-6300.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

GEORGIA

0263. AMERICAN CANCER SOCIETY, GEORGIA DIVISION, INC., 1422 West Peachtree Street, N.W., Atlanta, Georgia 30309.

Program Title:
FreshStart.

Contact:
Ms. Jeanne Y. Byrd, Director, Public Education
(404)892-0026.

Description:
The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

0264. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Biofeedback Smoking Education Project.

Contact:
Ms. Marie Bautista-Foley, Health Educator
(404)872-9653.

Description:
The American Lung Association's Biofeedback Smoking Education Project is offered. For more information, see the detailed program description in Part 1.

0265. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Carbon Monoxide Screening.

Contact:
Ms. Marie Bautista-Foley, Health Educator
(404)872-9653.

Description:
Using an ecolyzer, individuals are screened for carbon monoxide. Participants are given their reading and a chart explaining the health effects resulting from that level of carbon monoxide. The screening is performed in conjunction with an educational display that promotes nonsmoking. The primary sites for screening are health fairs and corporations. The program is available on request.

0266. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0267. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
The American Lung Association's Freedom From Smoking For You And Your Baby program is offered. For more information, see the detailed program description in Part 1.

0268. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Freedom From Smoking For You And Your Family.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
As a new component to the American Lung Association's Smoke-Free Family campaign, this 54-page manual assists smokers in kicking the habit. For more information, see the detailed program description in Part 1.

0269. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Freedom From Smoking In 20 Days.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
This American Lung Association's Freedom From Smoking

self-help cessation manual is offered. For more information, see the detailed program description in Part 1.

0270. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
In Control.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
The American Lung Association's In Control videocassette smoking cessation program is offered. For more information, see the detailed program description in Part 1.

0271. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Self-Help Plus.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
This 4-week, four-session smoking cessation clinic is based on the self-help concept. For more information, see the detailed program description in Part 1.

0272. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Sandra W. Colt, Program Director
(404)872-9653.

Description:
The American Lung Association's Smoking and Pregnancy program is offered. Training workshops for health care providers on counseling pregnant smokers are available on request. For more information, see the detailed program description in Part 1.

0273. AMERICAN LUNG ASSOCIATION OF ATLANTA, INC., 723 Piedmont Avenue, N.E., Atlanta, Georgia 30365.

Program Title:
Speakers' Bureau On Smoking And Health.

Contact:
Ms. Marie Bautista-Foley, Health Educator
(404)872-9653.

Description:
Pulmonary physicians, respiratory therapists, and health educators are available for presentations on smoking and health.

0274. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Freedom From Smoking At Work.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

0275. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Freedom From Smoking Groups.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
Two group cessation programs are offered: Freedom From Smoking clinic, a seven-session program, and In Control Plus, a nine-session program utilizing the In Control videocassette. For more information, see the detailed program descriptions in Part 1.

0276. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Freedom From Smoking Self-Help.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
The following American Lung Association programs and materials are available: Freedom From Smoking In 20 Days, A Lifetime Of Freedom From Smoking, Freedom From Smoking For You And Your Family, Freedom From Smoking For You And Your Baby, and the In Control videotape. For more information, see the detailed program descriptions in Part 1.

0277. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Lungs Are For Life.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
The American Lung Association's Lungs Are For Life program is offered. For more information, see the detailed program description in Part 1.

0278. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Marijuana: A Second Look.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
The American Lung Association's Marijuana: A Second Look program is offered. For more information, see the detailed program description in Part 1.

0279. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Octopuff In Kumquat.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
The American Lung Association's health education program, Octopuff In Kumquat, is offered. For more information, see the detailed program description in Part 1.

0280. AMERICAN LUNG ASSOCIATION OF GEORGIA, 2452 Spring Road, Smyrna, Georgia 30080.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Jeanne Nelson, Program Executive
(404)434-5864.

Description:
The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

0281. DEKALB COUNTY BOARD OF HEALTH, Central Health Center, 440 Winn Way, Post Office Box 987, Decatur, Georgia 30031.

Program Title:
Smoking And Pregnancy.

Contact:
Laitan Ogundare, M.P.H., Health Educator
(404)766-3743.

Description:
The American Lung Association's Smoking and Pregnancy program is offered. For more information, see the detailed program description in Part 1.

0282. DOUGHERTY COUNTY HEALTH DEPARTMENT, 2031 Newton Road, Post Office Box 3048, Albany, Georgia 31708-4201.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Cheryl A. Henley, Program Coordinator
(912)439-4153.

Description:
The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

0283. FULTON COUNTY HEALTH DEPARTMENT, 99 Butler Street, S.E., Atlanta, Georgia 30303.

Program Title:
Smoking Cessation.

Contact:
Ms. Beryl Davis, Coordinator of Health Education
(404)572-2406.

Description:
The Fulton County smoking cessation program provides classes and self-help options to Fulton County employees. The American Lung Association's Freedom From Smoking clinic is offered; the self-help options include In Control and Freedom From Smoking In 20 Days. For more information, see the detailed program descriptions in Part 1.

0284. GEORGIA DEPARTMENT OF HUMAN RESOURCES, DIVISION OF PUBLIC HEALTH, 878 Peachtree Street, N.E., Atlanta, Georgia 30309.

Program Title:
FreshStart.

Contact:
Ms. Peggy Lee, Adult Health Coordinator
(912)264-3961 ext.303.

Contact:

Ms. Peggy Lee, Adult Health Coordinator
(912)264-3961 ext.303.

Description:

The American Cancer Society's FreshStart smoking cessation clinic is offered to clients in health department programs, to the general public in six counties, and to health unit staff. For more information, see the detailed program description in Part 1.

0285. NICOTINE WITHDRAWAL CLINIC OF COASTAL GEORGIA, 2410 Parkwood Drive, Brunswick, Georgia 31520.

Program Title:

Nicotine Withdrawal.

Contact:

Ms. Pat Medlin, Program Coordinator
(912)262-0068.

Description:

This program includes a medically administered treatment that can decrease the body's craving for nicotine, thereby lessening the severity of withdrawal symptoms. The program confronts both the physiological and psychological problems that arise when a person stops smoking. Treatment consists of a counseling session dealing with behavior modification, stress management, and diet followed by a brief medical history. An injection of vitamins and minerals begins the withdrawal process, followed by supplemental oral medications for 15 days. There is a lifetime service warranty to ensure that each patient reaches the goal of becoming a nonsmoker.

0286. SOUTHEAST HEALTH UNIT, GEORGIA DEPARTMENT OF HUMAN RESOURCES, 1101 Church Street, Waycross, Georgia 31501.

Program Title:

Prenatal And Family Planning.

Contact:

Ms. Bunchy McClelland, Health Educator
(912)285-6026.

Description:

The prenatal program of five 30-minute sessions is available in the southeast area. The risks of smoking and cessation techniques are discussed. Materials used include: 1) American Lung Association videocassette Because You Love Your Baby; 2) March of Dimes handouts Be Good To Your Baby Before It's Born, Mom Kits, and Smoking And The Two Of You; and 3) U.S. Department of Health and Human Services booklet Pregnant, That's Two Good Reasons To Quit. The family planning program patients are advised of the risks of smoking when taking birth control pills.

0287. WAYNE COUNTY HEALTH DEPARTMENT, Post Office Box A, Jesup, Georgia 31545.

Program Title:

FreshStart.

Contact:

Mr. Gene Clary, Program Coordinator
(912)427-2042.

Description:

The American Cancer Society's FreshStart program is offered to the public on request. For more information, see the detailed program description in Part 1.

0288. WILDWOOD LIFESTYLE CENTER AND HOSPITAL, Coosa Valley Health District, Wildwood, Georgia 30757.

Program Title:

Breathe-Free Plan To Stop Smoking.

Contact:

Charles H. Cleveland, M.P.H., Smoking Cessation Coordinator
(404)820-1474.

Description:

Two Seventh-Day Adventists' programs are offered. The first is a 7-day evening program usually conducted for the Chattanooga community in a public building. The second is a live-in stop-smoking program at the lifestyle center. Live-in programs of 7 and 24 days feature lectures, complete physicals, and a special nonstimulating diet. For more information, see the detailed program description in Part 1.

0289. WOMEN'S WELLNESS CENTER, DEKALB GENERAL HOSPITAL, 2701 North Decatur Road, Decatur, Georgia 30033.

Program Title:

I Quit.

Contact:

Gail Winston, R.N., Coordinator, Lifestyle and Health Education
(404)297-2222.

Description:

I Quit is a 6-week tapering off program. Participants change brands, establish a stop date within the 7-week time frame, and taper at their own speed to achieve success. This program emphasizes positive cognitions, exercise, relaxation, and guided imagery; videotapes, lectures, and handouts supplement the group support atmosphere. To reinforce behavior change and to help avoid relapse, a support group is held on a monthly basis. This program is offered to the community and is available to business and industry.

0290. WOMEN'S WELLNESS CENTER, DEKALB GENERAL HOSPITAL, 2701 North Decatur Road, Decatur, Georgia 30033.

Program Title:

Quitters.

Contact:
Gail Winston, R.N., Coordinator, Lifestyle and Health Education
(404)297-2222.

Description:
Quitters is an informal support group to reinforce positive

behavior change and self-concept to support smoking cessation and avoid relapse. Two-hour meetings are held once a month, year round. Primarily a discussion group, the leader will use written and audiovisual materials to supplement the group-chosen topic for the month. Open to participants of I Quit and the community at large, Quitters can also be presented to business and industry.

GUAM

0291. GUAM DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES, OFFICE OF HEALTH EDUCATION, Post Office Box 2816, Agana, Guam 96910.

Program Title:
Health Education Risk Reduction.

Contact:
Mr. David B. Rosario, Health Education Administrator and Frances Limtiaco-Standi Soldier, M.P.H., Health Educator
(734)2931-6 ext.208.

Description:
The Health Education Risk Reduction (HERR) program is designed to reduce risk factors including cigarette smoking, alcohol, and drug use, poor dietary habits, sedentary lifestyle, and stress. A 4-hour workshop is offered on request to all worksites, organizations, schools, and the general public. The workshop emphasizes identifying health risk factors, improving lifestyles, and gaining motivation to change unhealthy behaviors.

Two health risk assessment surveys have been conducted under the HERR program. One study determined the prevalence of six major behavioral risk factors, including smoking and tobacco use, among the working adult population; the other examined health-related behavior of middle school students. The assessment is being used to plan health promotion programs for the schools and community.

0292. GUAM DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES, OFFICE OF HEALTH EDUCATION, Post Office Box 2816, Agana, Guam 96910.

Program Title:
Smoking Cessation And Education Programs.

Contact:
Mr. David B. Rosario, Health Education Administrator and Frances Limtiaco-Standi Soldier, M.P.H., Health Educator
(734)2931-6 ext.208.

Description:
The Office of Health Education works cooperatively with other governmental agencies and nonprofit organizations such as the American Cancer Society, Guam Unit, in the marketing and implementation of its Growing Healthy school program and other smoking cessation and prevention efforts. The office also provides referral services to private and public organizations and clinics offering smoking cessation clinics.

In 1986, several members of Guam's community, under the leadership of the Office of Health Education, began drafting specific objectives and recommendations pertaining to preventive health services, health protection, and health promotion. Strategies to reduce tobacco use involve smoking cessation programs, education campaigns to increase public awareness, education for young people to persuade them not to start smoking, physician counseling, employer and worksite involvement, and legislation.

HAWAII

0293. AMERICAN CANCER SOCIETY, HAWAII PACIFIC DIVISION, INC., Community Services Center Building, 200 North Vineyard Boulevard, Honolulu, Hawaii 96817.

Program Title:
FreshStart.

Contact:
Mrs. Dotty Morgan, Public Education Director
(808)531-1662.

Description:
The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

0294. AMERICAN LUNG ASSOCIATION OF HAWAII, 245 North Kukul Street, Honolulu, Hawaii 96817.

Program Title:
Biofeedback Smoking Education Project.

Contact:

Ms. Julie Young, Director of Health Education
(808)537-5966.

Description:

The American Lung Association's Biofeedback Smoking Education Project is offered. For more information, see the detailed program description in Part 1.

**0295. AMERICAN LUNG ASSOCIATION OF HAWAII,
245 North Kukul Street, Honolulu, Hawaii 96817.**

Program Title:

Don't Let Your Lungs Go To Pot.

Contact:

Ms. Julie Young, Director of Health Education
(808)537-5966.

Description:

This program is geared for students in grades 4 to 12. It consists of a discussion of the similarities and differences in the effects of tobacco and marijuana on the growing body, utilizing posters, real lung specimens, and printed handouts. Films are made available as part of this program. This curriculum is offered in a slightly modified form for adult groups. Programs are available Statewide.

**0296. AMERICAN LUNG ASSOCIATION OF HAWAII,
245 North Kukul Street, Honolulu, Hawaii 96817.**

Program Title:

Freedom From Smoking Clinics.

Contact:

Ms. Julie Young, Director of Health Education
(808)537-5966.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. A minimal fee is charged to all participants in order to cover material costs and instructors' salaries. Programs are offered Statewide. For more information, see the detailed program description in Part 1.

**0297. HAWAII HEART ASSOCIATION, 245 North Kukul
Street, Honolulu, Hawaii 96817.**

Program Title:

Don't Start Smoking Contest.

Contact:

Ms. Barbara Bianchi, Communications and Training Director
(808)538-7021.

Description:

This contest for children in grades 1 through 6 was cosponsored by the Hawaii Heart Association, the American Lung Association of Hawaii, the American Cancer Society, and KHNL TV-13. Communications directors for the three health agencies worked with KHNL staff to develop a contest in which children, using cartoon characters featured in KHNL

programming, created a four-frame storyboard on the theme Don't Start Smoking. Thirty-five winners were selected from each grade, with three top winners from each grade, and one Statewide winner. Prizes were toys, contributed by a toy company. The Statewide winner was featured in a 30-second public service announcement, produced by KHNL, explaining her winning entry.

The promotion was conducted during April and May with the winner announced at Ala Moana Centerstage in August to create a back-to-school connection for the information release. The groups involved plan to conduct the contest again in the next fiscal year.

**0298. HAWAII STATE DEPARTMENT OF HEALTH, Post
Office Box 3378, Honolulu, Hawaii 96801.**

Program Title:

Patient Education On Hazards Of Smoking.

Contact:

Ms. Jackie Berry, Acting Planner and Coordinator, Office of Family Planning
(808)735-3558.

Description:

This program, designed for teen and adult women receiving services in State funded or operated family planning and maternal and infant care clinics, provides group health education on the hazards of smoking while using birth control pills or while pregnant. Individual counseling is also provided.

**0299. HAWAII STATE DEPARTMENT OF HEALTH, Post
Office Box 3378, Honolulu, Hawaii 96801.**

Program Title:

Risk Reduction Project.

Contact:

Ms. Nicola Miller, Coordinator, Risk Reduction Project
(808)732-2291.

Description:

The Risk Reduction Project plans small scale, special initiatives on lifestyle risk factors including smoking. In 1987, the Risk Reduction Project developed the Smoking in Worksite Conference. The Risk Reduction Project supports the Chronic Disease Branch by advocating and implementing any new smoking laws. The project's Health Risk Appraisal Program includes smoking as a risk factor and refers smoking participants to cessation services.

**0300. HAWAII STATE DEPARTMENT OF HEALTH, Post
Office Box 3378, Honolulu, Hawaii 96801.**

Program Title:

Smoking Information Resource Services.

Contact:

Christine Ling, M.P.H., Chief, Health Promotion and Education
(808)548-5886.

Description:
Films, pamphlets, professional literature, consultation services, and referrals are provided to the community on the hazards of tobacco smoking and passive smoking.

0301. HAWAII STATE DEPARTMENT OF HEALTH, Post Office Box 3378, Honolulu, Hawaii 96801.

Program Title:
Telephone Survey.

Contact:
Mr. Eric Tash, Coordinator
(808)548-6246.

Description:
The telephone survey collects and disseminates data about smoking in the State of Hawaii.

0302. HAWAII STATE DEPARTMENT OF HEALTH, Post Office Box 3378, Honolulu, Hawaii 96801.

Program Title:
Tobacco Task Force Of Governor's Conference.

Contact:
Mr. Julian Lipsher, Project Director, Governor's Conference
(808)735-8581.

Description:
The Task Force develops strategies to achieve the Governor's Conference objectives related to smoking and health adopted in 1985.

IDAHO

0303. AMERICAN CANCER SOCIETY, IDAHO DIVISION, INC., 1609 Abbe Street, Post Office Box 5386, Boise, Idaho 83705-0386.

Program Title:
FreshStart.

Contact:
Ms. Shelli P. Clemens, Program Director
(208)343-4609.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0304. AMERICAN HEART ASSOCIATION OF IDAHO, Airport Plaza Office, 3295 Elder Street, Suite 140, Boise, Idaho 83705.

Program Title:
Heart At Work.

Contact:
Mr. Don Bich, Executive Director
(208)384-5066.

Description:
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

0305. AMERICAN HEART ASSOCIATION OF IDAHO, Airport Plaza Office, 3295 Elder Street, Suite 140, Boise, Idaho 83705.

Program Title:
Heart Health Education Of The Young.

Contact:
Mr. Don Bich, Executive Director
(208)384-5066.

Description:
The American Heart Association's Heart Health Education Of The Young program is offered. For more information, see the detailed program description in Part 1.

0306. DISTRICT SEVEN HEALTH DEPARTMENT, Post Office Box 1855, 254 E Street, Idaho Falls, Idaho 83403.

Program Title:
Chewing 'N Dipping: The Price Of A Pinch.

Contact:
Ms. Elyse Baird, Program Coordinator
(208)522-0310 ext.156.

Description:
A 50-minute classroom program is available upon request from individual schools for health classes, grades 7 to 12. The students are introduced to: 1) the positive & negative aspects of chewing tobacco; 2) a brief history of its use; 3) the health consequences of its use; 4) marketing strategies of the tobacco industry; and 5) techniques for dealing with peer pressure. A videotape introduces spokesmen from the American tobacco industry and health officials. Students are encouraged to make responsible decisions to use or not use smokeless tobacco products. Students also complete an anonymous survey on tobacco use.

0307. DISTRICT SEVEN HEALTH DEPARTMENT, Post Office Box 1855, 254 E Street, Idaho Falls, Idaho 83403.

Program Title:
Choose Health.

Contact:
Ms. Karen McGahan, Program Coordinator
(208)522-0310.

Description:
Worksite risk-reduction classes, once designed to teach only cardiac risk-factor awareness, have been modified to include cancer-awareness content. Smoking is used as a catalyst to lead a discussion of cardiac risks into cancer risks and highlight the message that smoking is one of the few risk factors that qualifies as a major consideration in both diseases. Handouts from all major smoking cessation organizations are utilized. This program is supported by the Idaho Cancer Coordinating Committee.

0308. DISTRICT SEVEN HEALTH DEPARTMENT, Post Office Box 1855, 254 E Street, Idaho Falls, Idaho 83403.

Program Title:
Tobacco Awareness Program.

Contact:
Jane McLaughlin, R.N., Program Coordinator
(208)522-0310.

Description:
The Tobacco Awareness Program has been implemented to reduce tobacco use in the schools. Minors cited by school authorities for use of tobacco are referred by the court system to the health department where they are scheduled to attend a 3-hour class at their own expense (\$25). The monthly classes include information on the consequences of tobacco use and screening for oral cancer. The objectives of the program are to inform students of the major risks of tobacco use, to give an oral screening by a dental hygienist, and to enable the students to make effective decisions. Videos, film strips, physiological testing machines, and role modeling are used.

0309. DISTRICT SEVEN HEALTH DEPARTMENT, Jefferson County Courthouse, School District Number 251, Rigby, Idaho 83442.

Program Title:
School Tobacco Education Program.

Contact:
Ms. Maryn Graham, Program Coordinator
(202)745-7297.

Description:
Instruction in the dangers of tobacco use is provided for students in grades 6, 8, and high school by: 1) teachers using films and printed materials; 2) upper-class peer groups teaching students in grade 6; 3) public health nurses offering

physiologic screenings (blood pressure, pulse, fine motor movement, carbon monoxide levels); and 4) adult subjects demonstrating before and after smoking physiologic measurements. The program is funded by the Idaho Cancer Coordinating Committee.

0310. IDAHO DEPARTMENT OF HEALTH AND WELFARE, DIVISION OF HEALTH, Statehouse, Boise, Idaho 83720-9990.

Program Title:
School Tobacco Education Program.

Contact:
Ms. Joanne Mitten, Health Education Specialist
(208)334-5933.

Description:
The School Tobacco Education Program is a set of curriculum activities related to the prevention of tobacco use implemented at the grade-6 level in Idaho schools. Activities focus on the prevention of smoking as well as the use of smokeless tobacco. The program emphasizes skills related to positive self-esteem and uses biofeedback equipment in some of the activities.

0311. IDAHO LUNG ASSOCIATION, 2621 Camas Street, Boise, Idaho 83705.

Program Title:
Freedom From Smoking Clinics.

Contact:
Mr. William H. Smith, Executive Director
(208)344-6567.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0312. IDAHO LUNG ASSOCIATION, 2621 Camas Street, Boise, Idaho 83705.

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Mr. William H. Smith, Executive Director
(208)344-6567.

Description:
The American Lung Association's Freedom From Smoking For You And Your Baby program is offered. For more information, see the detailed program description in Part 1.

0313. IDAHO LUNG ASSOCIATION, 2621 Camas Street, Boise, Idaho 83705.

Program Title:
Freedom From Smoking In 20 Days.

Contact:
Mr. William H. Smith, Executive Director
(208)344-6567.

Description:
The American Lung Association's Freedom From Smoking In 20 Days self-help manual is available. For more information, see the detailed program description in Part 1.

0314. IDAHO LUNG ASSOCIATION, 2621 Camas Street, Boise, Idaho 83705.

Program Title:
In Control.

Contact:
Mr. William H. Smith, Executive Director
(208)344-6567.

Description:
The American Lung Association's In Control program is

offered. For more information, see the detailed program description in Part 1.

0315. KOOTENAI MEDICAL CENTER, 2003 Lincoln Way, Coeur d'Alene, Idaho 83814.

Program Title:
Smokeless.

Contact:
Ms. Becky Reagan, Program Coordinator
(208)667-6441.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

ILLINOIS

0316. ABRAHAM LINCOLN MEMORIAL HOSPITAL, 315 Eighth Street, Lincoln, Illinois 62656.

Program Title:
Smoke Stoppers.

Contact:
Ms. Gayle Lessen, Administrator's Secretary
(217)732-2161 ext.426.

Description:
Smoke Stoppers, developed by the National Center for Health Promotion, is a three-phase smoking cessation program. Phase I prepares the individual for quitting; Phase II provides the techniques, guidance, support, and structure for cessation; and Phase III provides an ongoing support and maintenance system. The total cost of the program is \$140. Hospital employees are reimbursed one-half the cost after 6 months of continuously not smoking and the other half after 1 year of continuously not smoking.

0317. AMERICAN CANCER SOCIETY, ILLINOIS DIVISION, INC., 37 South Wabash Avenue, Chicago, Illinois 60603.

Program Title:
Antismoking Programs For Youth And Adults.

Contact:
Ms. Shirley Anderson, Associate Director, Prevention and Early Detection
(312)372-0471.

Description:
Educational programs and support materials regarding the

prevention and cessation of tobacco use are provided free of charge. Programs include speakers and films, video, and filmstrips targeted to specific age audiences. The FreshStart four-session smoking cessation programs are also available. For more information, see the detailed program description in Part 1.

0318. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:
Biofeedback Smoking Education Project.

Contact:
Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:
The Biofeedback Smoking Education Project sponsored by the American Lung Association is offered to area schools and organizations. For more information, see the detailed program description in Part 1.

0319. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:
Community Education and Speakers' Bureau.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

Presentations are offered educating the public on the health hazards of smoking and on smoking cessation techniques. These programs are available to interested community, professional, and service organizations.

0320. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Community Information Requests.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

This program researches, compiles, and distributes information on subjects related to smoking and health using a clearing-house approach.

0321. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Educational School Programs.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

Presentations and group discussions are held on the health hazards of smoking and reasons for cigarette and marijuana smoking in order to prevent and discourage their use. These programs are for students in kindergarten through grade 8.

0322. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Health Fairs and Displays.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

American Lung Association pamphlets, posters, buttons, and other materials are displayed and offered free to groups as requested for the education of the public on issues related to smoking and health.

0323. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Hypnosis Clinics.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

Group hypnosis clinics are conducted by a professionally trained hypnotist to aid in the cessation of smoking.

0324. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Marijuana Education Programs.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

Students, PTA, and other community organizations are introduced to newsmagazines and other educational materials from the American Lung Association's program, Marijuana: A Second Look. Also, a limited number of parent newsmagazines are distributed throughout the community.

0325. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Freedom From Smoking Clinics.

Contact:

Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. Corps are encouraged to host an on-site program for employees. For more information, see the detailed program description in Part 1.

0326. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:

Freedom From Smoking Self-Help.

Contact:
Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:
Two self-help programs are offered: 1) Freedom From Smoking In 20 Days, a self-help manual based on behavior modification to facilitate smoking cessation; and 2) In Control, a home video program teaching the smoker how to quit by using behavior modification.

0327. AMERICAN LUNG ASSOCIATION OF DU PAGE AND MCHENRY COUNTIES, 526 Crescent Boulevard, Post Office Box 590, Glen Ellyn, Illinois 60138.

Program Title:
Worksite Employee Assistance For Long Term Health (WEALTH).

Contact:
Ms. Beth M. Barnes, Program Coordinator
(312)469-2400.

Description:
Worksite Employee Assistance for Long Term Health is a comprehensive worksite smoking policy program for companies and corporations in Du Page and McHenry Counties. The program assists in the organization and implementation of smoking cessation programs on-site at interested companies. The goal is to promote nonsmoking worksites for the safety and health of the employees.

0328. AMERICAN LUNG ASSOCIATION OF MID-EAST-ERN ILLINOIS, 110 West Water Street, Post Office Box 437, Pontiac, Illinois 61764.

Program Title:
Educational Programs.

Contact:
Ms. Carol Winters, Program Director
(815)844-3480.

Description:
A number of American Lung Association programs are available for use in schools including Smoking Deserves A Smart Answer. For more information, see the detailed program description in Part 1.

0329. AMERICAN LUNG ASSOCIATION OF MID-EAST-ERN ILLINOIS, 110 West Water Street, Post Office Box 437, Pontiac, Illinois 61764.

Program Title:
Freedom From Smoking At Work.

Contact:
Ms. Carol Winters, Program Director
(815)844-3480.

Description:
The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

0330. AMERICAN LUNG ASSOCIATION OF MID-EAST-ERN ILLINOIS, 110 West Water Street, Post Office Box 437, Pontiac, Illinois 61764.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Carol Winters, Program Director
(815)844-3480.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0331. AMERICAN LUNG ASSOCIATION OF MID-EAST-ERN ILLINOIS, 110 West Water Street, Post Office Box 437, Pontiac, Illinois 61764.

Program Title:
Freedom From Smoking Self-Help Manuals.

Contact:
Ms. Carol Winters, Program Director
(815)844-3480.

Description:
The American Lung Association's Freedom From Smoking self-help manuals are available on request. For more information, see the detailed program description in Part 1.

0332. AMERICAN LUNG ASSOCIATION OF MID-EAST-ERN ILLINOIS, 110 West Water Street, Post Office Box 437, Pontiac, Illinois 61764.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Carol Winters, Program Director
(815)844-3480.

Description:
The American Lung Association's Smoking And Pregnancy self-help program is available. For more information, see the detailed program description in Part 1.

0333. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Nancy Klossing, Program Director
(312)553-7000.

Description:
The American Lung Association's Freedom From Smoking clinics are offered to the community. Corporations are encouraged to sponsor the program in the workplace for employees who smoke. For more information, see the detailed program description in Part 1.

0334. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Ms. Nancy Klossing, Program Director
(312)553-7000.

Description:
The Freedom From Smoking For You And Your Baby, 10-day self-help program, is offered. For more information, see the detailed program description in Part 1.

0335. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
Freedom From Smoking For You And Your Family.

Contact:
Ms. Nancy Klossing, Program Director
(312)553-7000.

Description:
The American Lung Association's Freedom From Smoking For You And Your Family program is offered. For more information, see the detailed program description in Part 1.

0336. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
Freedom From Smoking At Work.

Contact:
Ms. Nancy Klossing, Program Director
(312)553-7000.

Description:
The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

0337. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
Freedom From Smoking Self-Help Manuals.

Contact:
Ms. Nancy Klossing, Program Director
(312)553-7000.

Description:
The American Lung Association's Freedom From Smoking self-help manuals are offered. For more information, see the detailed program description in Part 1.

0338. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
In Control.

Contact:
Ms. Nancy Klossing, Program Director
(312)553-7000.

Description:
The American Lung Association's In Control smoking cessation program is offered. For more information, see the detailed program description in Part 1.

0339. AMERICAN LUNG ASSOCIATION OF NORTH CENTRAL ILLINOIS, 402 Countryside Center, Yorkville, Illinois 60560.

Program Title:
School Health Programs.

Contact:
Ms. Becky Yingling, Program Associate
(312)553-7000.

Description:
A variety of school health education programs are offered for students using films, videos, prepared curriculum material, and in-school presentations to enhance programs. Topics include cigarette smoking, smokeless tobacco, marijuana, and general lung health. Students take part in role-play situations.

0340. CHICAGO HEART ASSOCIATION, 20 North Wacker Drive, Chicago, Illinois 60606.

Program Title:
Heartline.

Contact:
Bette Naysmith, M.P.A., Program Director
(312)346-4675.

Description:
Through the Heartline public education program, information is disseminated on smoking cessation and on smoking as a major risk factor for cardiovascular diseases. Educational films, pamphlets, and posters are available to community groups and to individuals. These materials are distributed at health fairs and through hospitals and community agencies. Volunteer speakers are available.

0341. CHICAGO LUNG ASSOCIATION, 1440 West Washington Boulevard, Chicago, Illinois 60607.

Program Title:
Esta Su Vida Yendose En Humo?

Contact:
Ms. Barbara Dore, Program Coordinator
(312)243-2000 ext.64.

Description:
The foreign language departments of high schools and colleges in Cook County receive the bilingual (Spanish/English) pamphlet Is Your Life Going Up In Smoke? This innovative presentation catches the attention of the young people and is one of the only methods that can effectively reach the Spanish-speaking population. The message in the pamphlet encourages young people to remain or become nonsmokers. Tips on quitting are also included. When the pamphlet is sent to the students of a language department, the teachers are sent a sheet of suggested activities. Tea are also asked to respond to an evaluation of the program.

0342. CHICAGO LUNG ASSOCIATION, 1440 West Washington Boulevard, Chicago, Illinois 60607.

Program Title:
Freedom From Smoking At Work.

Contact:
Ms. Nedra Katz, Director, Smoking and Community Health
(312)243-2000.

Description:
This ongoing program, available to all corporations in the Cook County area, focuses on developing smoking policies. Smoking cessation classes are provided on-site to smokers who want to quit. For more information, see the detailed program description in Part 1.

0343. CHICAGO LUNG ASSOCIATION, 1440 West Washington Boulevard, Chicago, Illinois 60607.

Program Title:
How To Conduct A Stop-Smoking Clinic.

Contact:
Ms. Barbara Dore, Program Coordinator
(312)243-2000.

Description:
A 2-day training program is offered to persons interested in organizing and conducting smoking cessation clinics in the community, hospital, or workplace. Participants are trained to conduct the Chicago Lung Association's cessation clinic You Can Be In Control. The training clinic uses a training manual complete with background information on smoking and health and communication skills. The film "Is It Worth Your Life?" is shown.

0344. CHICAGO LUNG ASSOCIATION, 1440 West Washington Boulevard, Chicago, Illinois 60607.

Program Title:
Quit Smoking Self-Help Kit.

Contact:
Ms. Nedra Katz, Director, Smoking and Health Education
(312)243-2000.

Description:
Upon request, a packet of self-help material is distributed to smokers who want to quit. This packet contains a self-help test booklet, pamphlets, tips on quitting, tips on controlling weight, a goal-setting sheet, a button, and a bookmark. Also included is a list of the smoking cessation clinics that are conducted in the community. Subjective evaluation of the program has been conducted.

0345. CHICAGO LUNG ASSOCIATION, 1440 West Washington Boulevard, Chicago, Illinois 60607.

Program Title:
Smoking Deserves A Smart Answer.

Contact:
Ms. Barbara Dore, Program Coordinator
(312)243-2000.

Description:
This smoking prevention program disseminates information to school children ages 9 through 12. For more information, see the detailed program description in Part 1.

0346. CHICAGO LUNG ASSOCIATION, 1440 West Washington Boulevard, Chicago, Illinois 60607.

Program Title:
You Can Be In Control Smoking Clinic.

Contact:
Ms. Nedra Katz, Director, Smoking and Health Education
(312)243-2000.

Description:
A variation on the American Lung Association's Freedom From Smoking program is offered. The materials used include posters, questionnaires, smoking cessation kits, time charts, daily record cards, worksheets, contracts, buddy card progress charts, and films. Certificates are awarded to the participants. Individuals trained by the Chicago Lung Association act as teachers. This program was developed by both

University of Illinois, Chicago Circle Campus, Department of Psychology, and the Chicago Lung Association.

**0347. CHICAGO MEDICAL SOCIETY (COOK COUNTY),
515 North Dearborn Street, Chicago, Illinois
60610.**

Program Title:

Tel-Med (Direct Line to Health Information).

Contact:

Ms. Sheila G. Danaher, Senior Manager
(312)670-2550.

Description:

Operating as part of the national Tel-Med, Inc., of Colton, California, the Chicago Medical Society provides a switchboard service that gives callers access to taped medical information. Of the 215 available tapes, 8 deal with smoking and health. Titles of these tapes are: Do You Want to Stop Smoking?, Reducing the Risks of Smoking, Gimmicks to Help You Stop Smoking, Weight Control While Quitting Smoking, Why a Woman Should Quit Smoking, How Smoking Affects Your Health, What Do You Get Out of Smoking?, and Effects of Cigarette Smoking on the Nonsmokers. The switchboard is staffed by an operator. Approximately 2,000 callers a week use this service. The telephone number of the switchboard is (312)670-3670.

**0348. CITY OF CHICAGO DEPARTMENT OF HEALTH,
50 West Washington Street, Chicago, Illinois
60602.**

Program Title:

Smoking Cessation Classes In The Workplace.

Contact:

Ms. Hazel A. Domangue, Director, Employee and Intergovernmental Relations
(312)744-4276.

Description:

Smoking cessation classes are conducted once a month by health employees who were trained by the American Cancer Society. The program is available to municipal employees. Over 100 employees have gone through the program, one-third of whom have kicked the habit. The program consists of written materials, films, and class discussions. At the end of the 4-day course, certificates and IQ pins are awarded. Classes are free and are held at noon in various health facilities throughout the city.

0349. COPLEY HEALTH AWARENESS CENTER, Lincoln and Weston Avenues, Aurora, Illinois 60505.

Program Title:

I Quit Smoking.

Contact:

Ms. Gayle Iennarella and Ms. Corrin Wallace
(312)844-1000 ext.4739 and 4737.

Description:

This six-session clinic led by a qualified team of health professionals is designed to help individuals break the cigarette habit. A group format is used to generate a support system. All facets of the cigarette habit are explored and a variety of techniques are offered to modify this behavior calmly and without weight gain. An encouraging balance of education, motivation, and mutual support is offered.

0350. FREEPORT MEMORIAL HOSPITAL, 1045 West Stephenson, Freeport, Illinois 61032.

Program Title:

Smokebreakers.

Contact:

Sarajane Goers, R.N., Patient Care Coordinator
(815)235-4131 ext.367.

Description:

The Smokebreakers program is scheduled quarterly and upon request. It consists of six 1-1/2-hour sessions. Methods employed are the behavior modification theory, pathophysiology, stress-reduction techniques, and diet management. Goals are set by the smoker after consultation and self-contracting. The cost of the program is \$40.

0351. GOTTLIEB MEMORIAL HOSPITAL, 8700 West North Avenue, Melrose Park, Illinois 60160.

Program Title:

How To Quit Smoking.

Contact:

Ms. Carolyn Merriman, Program Coordinator
(312)451-4060.

Description:

This course consists of eight 1-hour sessions designed to help a person stop smoking. The program addresses physiological and psychological aspects of smoking cessation using the techniques of nicotine fading and focused smoking. During the course, participants identify their smoking cues, learn how to modify their daily routine to remove these cues, discuss methods of coping with the new identity of nonsmoker, and develop strong group support for the changes each participant is experiencing.

0352. GOTTLIEB MEMORIAL HOSPITAL, 8700 West North Avenue, Melrose Park, Illinois 60160.

Program Title:

Stop Smoking Clinics.

Contact:

Ms. Carolyn Merriman, Program Coordinator
(312)451-4060.

Description:

This 6-week program of behavior modification helps participants quit smoking or at least reduce the number of cigarettes they smoke. A step-by-step plan to quit smoking is taught.

This plan incorporates self-control and relaxation techniques. Films, a slide show, and a buddy system are used. Each participant keeps a written record of his or her progress. These records help both to evaluate the clinic's success and to develop self-understanding in participants. If the participant attends all six of the sessions, half of the initial fee is refunded. Awards are presented to individuals who have quit smoking by the end of the program.

0353. HYPNOSIS FOUNDATION OF CHICAGO, INC.,
3317 West 95th Street, Evergreen Park Station,
Chicago, Illinois 60642.

Program Title:
Smoking Cessation By Hypnosis.

Contact:
Mr. Ronald R. Tatar, Executive Director
(312)233-9600.

Description:
Hypnosis is used to aid individuals who have made a positive decision to quit smoking. One private office visit is frequently adequate. Those who are unable to visit the office may utilize a cassette tape approved for sale by the FDA as a non-medical device, entitled Smoking Cessation Through Positive Thinking.

0354. ILLINOIS DEPARTMENT OF PUBLIC HEALTH,
535 West Jefferson Street, Springfield, Illinois
62761.

Program Title:
Smoking Cessation Trainers Clinic.

Contact:
Mr. Steve Knobloch, Chief Public Health Educator
(217)785-2060.

Description:
The program's objective is to train a representative from each State agency as a clinic leader of the American Lung Association's Freedom From Smoking (FFS) program and to have these trained clinic leaders provide cessation clinics at their workplaces, distribute self-help smoking cessation materials, and offer support and encouragement to interested individuals. The program has trained and certified over 50 State agency personnel as FFS clinic leaders to date.

0355. ILLINOIS INTERAGENCY COUNCIL ON
TOBACCO AND DISEASE, 1440 West
Washington Boulevard, Chicago, Illinois 60607.

Program Title:
Rockford Local Council Rally For Grade Four and Springfield
Local Youth Council Rally For Grade Six.

Contact:
Ms. Marjorie Molyneaux, Executive Director
(312)243-2000.

Description:

These programs are held in the spring. They are aimed at teachers, parents, and students. The latest medical information on tobacco use is presented at the time in children's lives when they are tempted to start using tobacco. Other features of the programs include bands, films, banners, and athletic stars. Average attendance at Rockford is 3,000. Average attendance at Springfield is 1,000.

0356. ILLINOIS INTERAGENCY COUNCIL ON
TOBACCO AND DISEASE, 1440 West
Washington Boulevard, Chicago, Illinois 60607.

Program Title:
Survey Of Illinois Hospitals.

Contact:
Ms. Marjorie Molyneaux, Executive Director
(312)243-2000.

Description:
In an effort to determine the smoking practices and programs of hospitals in Illinois, the Interagency Council conducted a survey of 316 health care organizations that provided inpatient beds. Survey results were tabulated according to the size of the hospital. The following is a list of the subjects covered in the survey: type of hospital (private, mental health, Veterans Administration); patient choice regarding having a nonsmoking room; cigarette sales on the premises; provision of smoking education programs for the community; prohibitions on smoking in nurses' stations; provision of smoking education programs for the staff; smoking policies in the emergency room, labor and delivery room, pediatrics, and x-ray therapy departments; and smoking in other areas of the hospital such as the lobby and the cafeteria. The data show that patients are not being consistently given a choice of a nonsmoking room; that cigarettes are sold in most of the larger hospitals; that few hospitals provide smoking programs for the patients, community, or the staff; and that few hospitals provide non-smoking areas within the lobby or cafeteria.

0357. INGALLS MEMORIAL HOSPITAL, One Ingalls
Drive, Harvey, Illinois 60426.

Program Title:
I Quit Smoking Clinic.

Contact:
Ms. Susan Fine, Program Coordinator
(312)333-2300 ext.5123.

Description:
This program is available to the general public as a clinic, to hospital inpatients on closed-circuit television, as well as to area businesses as an employee inservice. It focuses on the medical hazards associated with smoking and the problems of weight control, physical fitness, and stress management while quitting, and provides a forum for discussions of why participants have chosen to smoke. Alternatives to smoking (such as changes in behavior), nutrition, and activities involved in maintaining general physical health are topics for meetings.

Group meetings also provide motivation and support to potential quitters. In addition to the group discussions, speakers, brochures, posters, buttons, and films are used to convey the nonsmoking message. Approximately 50 people attend each clinic. Registration fee is \$20, with a \$10 rebate for full attendance.

0358. LEE COUNTY HEALTH DEPARTMENT, 144 North Court, Dixon, Illinois 61021.

Program Title:
Freedom From Smoking.

Contact:
Judy Hartzell, R.N., Coordinator of Health Promotion and Screening
(815)284-3371.

Description:
The Lee County Health Department sponsors a nonsmoking program in cooperation with the American Lung Association, entitled Freedom From Smoking. Programs are held on an as-needed basis and duration is approximately 6 to 7 weeks. For more information, see the detailed program description in Part 1.

0359. LOGAN COUNTY HEALTH DEPARTMENT, 2120 West 5th Street Road, Lincoln, Illinois 62656.

Program Title:
Community Education.

Contact:
Marcia Dowling, R.N., B.S.N., Education Coordinator
(217)735-2317.

Description:
The Logan County Health Department has been involved in smoking and health in four ongoing programs. Prenatal instruction is offered to county residents and to pregnant high school students. These programs are offered twice yearly as Baby Care classes and Birth Education For Adolescents to Reduce Risks classes. Dangers of smoking during pregnancy are discussed. Pamphlets are also provided. Programs on smoking and smokeless tobacco are available to schools when desired. A display of smoking and smokeless tobacco literature was provided for 9 days at the Logan County Fair and 1 day at the Mount Pulaski Fall Festival. In addition, pulmonary function testing was done to interested participants. Smoking and smokeless tobacco information is available at the health department for interested persons.

0360. MACOUPIN COUNTY PUBLIC HEALTH DEPARTMENT, 227 East First South Street, Carlinville, Illinois 62626.

Program Title:
Freedom From Smoking.

Contact:
Kent Tarro, M.S., R.D., Assistant Administrator
(217)854-5761.

Description:
The Public Health Department offers the American Lung Association's Freedom From Smoking programs: group cessation, self-help, and self-help during pregnancy. There is a fee for materials. For more information, see the detailed program descriptions in Part 1.

0361. MASON COUNTY HEALTH DEPARTMENT, 118 West Market, Havana, Illinois 62644.

Program Title:
Freedom From Smoking Clinics.

Contact:
Nina Krueger, R.N., Program Director
(309)543-2201.

Description:
The American Lung Association's Freedom From Smoking clinics are held every quarter and are available to all Mason County residents. Pregnant women and mothers with young children are especially targeted. For more information, see the detailed program description in Part 1.

0362. MCDONOUGH COUNTY HEALTH DEPARTMENT, 303 East Jefferson, Macomb, Illinois 61455.

Program Title:
Smoking: The Decision Is Yours.

Contact:
Ms. Shirlee Jobe, Community Health Promoter
(309)837-9951.

Description:
Smoking: The Decision Is Yours is a slide and tape presentation that points out the health risks of smoking and encourages viewers not to smoke. The presentation is supplemented by brochures on smoking given to the audience and is available upon request.

0363. MCDONOUGH COUNTY HEALTH DEPARTMENT, 303 East Jefferson, Macomb, Illinois 61455.

Program Title:
Ounce Of Prevention.

Contact:
Ms. Shirlee Jobe, Community Health Promoter
(309)837-9951.

Description:
Ounce Of Prevention is an ongoing weekly newspaper article that features information about smoking and related health problems. It is published several times a year.

0364. MICHAEL REESE HEALTH PLAN, LAKESHORE HEALTH CENTER, 2545 South Dr. Martin Luther King Drive, Chicago, Illinois 60616.

Program Title:
You Can Be In Control.

Contact:
Sandra Villalaz-Dickson, R.N., M.P.H., Manager, Health Education
(312)842-7117.

Description:
You Can Be In Control is a behavioral approach to smoking cessation developed by the Chicago Lung Association in collaboration with the University of Illinois, Department of Psychology. This program is offered at least five or six times a year and consists of six 1-1/2-hour sessions conducted in a 4-week period. The target audience is primarily members and their families, but the general Chicago population is also recruited.

0365. NORTHCARE MEDICAL GROUP, 467 Deming Place, Chicago, Illinois 60614.

Program Title:
You Can Be In Control.

Contact:
Ms. Gretchen VanNatta, Director of Health Education and Patient Communication
(312)248-7100.

Description:
This six-session, 4-week quit-smoking program is designed to help break routines associated with smoking. The program emphasizes behavior modification through gradual reduction techniques. Discussion includes the effects of smoking cessation on appetite, stress, and general health. Group support and interaction are emphasized. Literature is provided. Programs are given at NorthCare health centers and at company worksites.

0366. SAINT FRANCIS MEDICAL CENTER, CENTER FOR SPORTS MEDICINE AND HEALTH FITNESS, 530 Northeast Glen Oak Avenue, Peoria, Illinois 61637.

Program Title:
Smokeless.

Contact:
Ms. Terry Galvin Matthews, Program Coordinator
(309)655-CIGS(2447).

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

0367. ST. THERESE MEDICAL CENTER, EDUCATIONAL SERVICES AND COMMUNITY OUTREACH DEPARTMENT, 2615 West Washington Street, Waukegan, Illinois 60085.

Program Title:
FreshStart.

Contact:
Ms. Noreen Paulsen, Community Education Instructor
(312)360-2702.

Description:
The American Cancer Society's FreshStart cessation program is offered. For more information, see the detailed program description in Part 1.

0368. STEPHENSON COUNTY HEALTH DEPARTMENT, 15 North Galena Avenue, Freeport, Illinois 61032.

Program Title:
Smoking Intervention Program.

Contact:
Mr. Martin Tinberg, Public Health Administrator
(815)235-8271.

Description:
The Smoking Intervention Program is a planned series of interventions designed to modify smoking behavior of pregnant women during their term of pregnancy. The target group of the program is high-risk women enrolled in the department's Women, Infants, and Children program. The objective is to have 5 percent of the program participants quit smoking before the end of their pregnancies.

0369. VILLAGE OF SKOKIE HEALTH DEPARTMENT, Post Office Box 309, 5127 Oakton Street, Skokie, Illinois 60077.

Program Title:
Skokie Stop Smoking Clinic.

Contact:
Mr. Lowell Huckleberry, Director of Health
(312)673-0500.

Description:
This smoking cessation program is offered every 6 months and is available to all residents. Pregnant women are especially targeted. The program consists of six classes that utilize behavior modification and group support for smoking cessation. The classes meet once a week and build up to quit night, when everyone in the group quits. Materials are provided and the instructor is available for individual counseling as needed. Participants who have been unable to quit or who have resumed smoking are encouraged to repeat the series. A \$10 incentive deposit is returned to those participants who stop smoking.

INDIANA

0370. AMERICAN LUNG ASSOCIATION OF CENTRAL INDIANA, 8777 Purdue Road, Suite 310, Indianapolis, Indiana 46268-3109.

Program Title:
Freedom From Smoking.

Contact:
Mr. Joseph A. Caparo, Program Director
(317)872-9685.

Description:
The American Lung Association's Freedom From Smoking clinics and self-help manuals are offered. For more information, see the detailed program descriptions in Part 1.

0371. AMERICAN LUNG ASSOCIATION OF CENTRAL INDIANA, 8777 Purdue Road, Suite 310, Indianapolis, Indiana 46268-3109.

Program Title:
Growing Healthy.

Contact:
Ms. Patricia Ritz, Program Associate
(317)872-9685.

Description:
Growing Healthy, the primary grades' health curriculum project, focuses on the negative aspect of smoking in two programs aimed at students in grade levels kindergarten through 3, and 4 through 6. For more information, see the detailed program description in Part 1.

0372. AMERICAN LUNG ASSOCIATION OF CENTRAL INDIANA, 8777 Purdue Road, Suite 310, Indianapolis, Indiana 46268-3109.

Program Title:
Peer Influence Smoking Education.

Contact:
Mr. Joseph A. Caparo, Program Director
(317)872-9685.

Description:
The Peer Influence program focuses on students in grades 5, 6, and 7. Specially trained high school students talk about the health hazards of smoking, encouraging them never to start, or if they have, to stop.

0373. AMERICAN LUNG ASSOCIATION OF INDIANA, 8777 Purdue Road, Suite 310, Indianapolis, Indiana 46268-3109.

Program Title:
Athletes Against Tobacco.

Contact:
Ms. Kellie A. Pavese, Program Coordinator
(317)872-9685.

Description:
Volunteer athletes have joined with the American Lung Association of Indiana and Senator Richard Lugar to assist in Statewide efforts to encourage young people not to start the cigarette habit. The athletes serve as role models to speak out on the dangers of tobacco use. The athletes are used in programs and events aimed at young people, such as boys and girls clubs, youth rallies, and school events. Radio and television spots are aired to promote the hazards of tobacco use. Membership cards and posters are distributed to young people so that they may become active members of Athletes Against Tobacco. Club or school organizations may request a list of athletes available.

0374. AMERICAN LUNG ASSOCIATION OF INDIANA, 8777 Purdue Road, Suite 310, Indianapolis, Indiana 46268-3109.

Program Title:
Freedom From Smoking Starter Session.

Contact:
Ms. Kellie A. Pavese, Program Coordinator
(317)872-9685.

Description:
These starter sessions are designed to motivate smokers who want to quit to take the first step. The sessions are held once a month in convenient locations. The program introduces the self-help manuals Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking. For more information, see the detailed program description in Part 1.

0375. AMERICAN LUNG ASSOCIATION OF INDIANA, 8777 Purdue Road, Suite 310, Indianapolis, Indiana 46268-3109.

Program Title:
Growing Healthy.

Contact:
Ms. Kellie A. Pavese, Program Coordinator
(317)872-9685.

Description:
Growing Healthy is the title of two companion curriculum projects, the School Health Curriculum Project for grades 4 through 7 and the Primary Grades Health Curriculum Project for kindergarten through grade 3. For more information, see the detailed program description in Part 1.

0376. AMERICAN LUNG ASSOCIATION OF SOUTHWEST INDIANA, INC., 7 East Columbia Street, Post Office Box 4136, Evansville, Indiana 47711.

Program Title:
Freedom From Smoking.

Contact:
Ms. Beth Thompson, Managing Director
(812)422-3402.

Description:
The American Lung Association's Freedom From Smoking program is offered. Corpor are invited to host on-site programs for employees. For more information, see the detailed program description in Part 1.

0377. AMERICAN LUNG ASSOCIATION OF SOUTH-WEST INDIANA, INC., 7 East Columbia Street, Post Office Box 4136, Evansville, Indiana 47711.

Program Title:
Freedom From Smoking At Work.

Contact:
Ms. Beth Thompson, Managing Director
(812)422-3402.

Description:
The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

0378. AMERICAN LUNG ASSOCIATION OF SOUTH-WEST INDIANA, INC., 7 East Columbia Street, Post Office Box 4136, Evansville, Indiana 47711.

Program Title:
Freedom From Smoking Self-Help Manuals.

Contact:
Ms. Beth Thompson, Managing Director
(812)422-3402.

Description:
The American Lung Association's Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking self-help manuals are offered. For more information, see the detailed program descriptions in Part 1.

0379. AMERICAN LUNG ASSOCIATION OF SOUTH-WEST INDIANA, INC., 7 East Columbia Street, Post Office Box 4136, Evansville, Indiana 47711.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Beth Thompson, Managing Director
(812)422-3402.

Description:
The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

0380. AMERICAN LUNG ASSOCIATION OF SOUTH-WEST INDIANA, INC., 7 East Columbia Street, Post Office Box 4136, Evansville, Indiana 47711.

Program Title:
Smoking Education For The Middle Schools.

Contact:
Ms. Audrey Ferguson, Field Representative
(812)234-5448.

Description:
This program is for students in grades 4, 5, and 6. Through a variety of activities and videos, children learn about the health effects of smoking cigarettes, breathing secondhand smoke, and using marijuana.

0381. INDIANA STATE BOARD OF HEALTH, 1330 West Michigan Street, Post Office Box 1964, Indianapolis, Indiana 46206-1964.

Program Title:
FreshStart Plus.

Contact:
Mr. Roger McClain, Director of Health Education
(317)633-0267.

Description:
This program uses a modified American Cancer Society FreshStart program. The stop smoking clinic consists of six sessions meeting twice weekly, with followup meetings 2 weeks and 1 month later. Ongoing support groups are also offered, providing additional training in the skills that are introduced in the FreshStart Plus program, such as stress management, assertiveness, fitness, and nutrition. The smoking cessation sessions are 1-1/2 to 2 hours in length, depending upon materials discussed. FreshStart Plus is open to all State Board of Health employees.

0382. INDIANA STATE BOARD OF HEALTH, 1330 West Michigan Street, Post Office Box 1964, Indianapolis, Indiana 46206-1964.

Program Title:
Growing Healthy.

Contact:
Mr. Roger McClain, Director of Health Education
(317)633-0267.

Description:
The State Board of Health and the American Lung Association are working cooperatively in the promotion and support of this comprehensive, sequential health education curriculum for kindergarten through grade 7. The curriculum is the first of its kind to receive national validation from the United States Department of Education. There are currently 35 school corporations and 30,487 school children participating in the curriculum; each year new school corporations are added. For more information on this American Lung Association program, see the detailed program description in Part 1.

0383. INDIANA STATE BOARD OF HEALTH, 1330 West Michigan Street, Post Office Box 1964, Indianapolis, Indiana 46206-1964.

Program Title:
Risk Factor Surveillance.

Contact:
Mr. Roger McClain, Director of Health Education
(317)633-0267.

Description:
The Risk Factor Surveillance program is an ongoing survey to collect information on health habits in Indiana. The survey, which involves adults 18 years and over, is done by computer-assisted telephone interviews on a monthly basis during evening hours and on weekends. Questions regarding diet are asked, as well as ones pertaining to specific demographics. For whom anonymity is maintained, are selected using a technique called random-digit dialing method. Survey results are used for program planning and evaluation purposes.

0384. INDIANA STATE BOARD OF HEALTH, 1330 West Michigan Street, Post Office Box 1964, Indianapolis, Indiana 46206-1964.

Program Title:
Smokeless Tobacco Resource Materials.

Contact:
Mr. Roger McClain, Director of Health Education
(317)633-0267.

Description:
Several resources are available from the Division of Health Education regarding smokeless tobacco. Smokeless Tobacco: Are You Feeling The Pinch? is a full-color pamphlet discussing the dangers of smokeless tobacco use. The pamphlet has color photographs of the oral effects of smokeless tobacco use, a message from Carlton Fisk of the Chicago White Sox, and a fictitious letter from a young girl explaining why she finds smokeless tobacco a disgusting habit. The Smokeless Tobacco Resource Materials file contains a copy of the pamphlet, a smokeless tobacco fact sheet, State and National educational resource lists, a summary of the Surgeon General's report, a summary from the Inspector General's report, and a copy of the smokeless tobacco law. The Spittin' Image: A Smokeless Tobacco Teaching Guide For Grades Four Through Seven is also available. It was produced in cooperation with the Utah Department of Health. Several films and filmstrips are available for free loan to Indiana residents from the film library.

0385. INDIANA STATE BOARD OF HEALTH, 1330 West Michigan Street, Post Office Box 1964, Indianapolis, Indiana 46206-1964.

Program Title:
Worksite Smoking Policies.

Contact:
Mr. Roger McClain, Director of Health Education
(317)633-0267.

Description:
Resources are available to businesses, industries, and agencies interested in developing a worksite smoking policy. Information is available on health hazards of smoking and secondhand smoke, suggested readings, films and videotapes, and suggested policies.

0386. LA PORTE COUNTY HEALTH DEPARTMENT, Court House Square, La Porte, Indiana, 46350.

Program Title:
The Choice Is Yours.

Contact:
Ms. Betty Conjalka, Public Health Nurse
(219)326-6808.

Description:
After introducing and showing the film "The Choice Is Yours," the Smoking Sam mannequin is used to demonstrate the results smoking has on the lungs. Smoking Sam has glass jar lungs filled with angel hair. As it smokes a cigarette and the smoke goes into the lungs, the angel hair gradually turns yellow then brown.

0387. LA PORTE COUNTY HEALTH DEPARTMENT, Court House Square, La Porte, Indiana 46350.

Program Title:
Smoking Coloring Book.

Contact:
Ms. Betty Conjalka, Public Health Nurse
(219)326-6808.

Description:
The Smoking Coloring Book of the American Cancer Society is presented to each student during nonsmoking presentations to first-grade classes. The nurse reads the book and explains the meaning of the topic on each page. She has already colored the book so that they will know what it will look like after they color it. After reading the book, students are given the opportunity to ask questions and give comments on what they learned from the presentation.

0388. MARION COUNTY HEALTH DEPARTMENT, 222 East Ohio Street, Indianapolis, Indiana 46204.

Program Title:
Smoking And Pregnancy and Smoking And The Pill.

Contact:
Mr. Brian Lucas, Health Educator
(317)633-9731

Description:
The programs are both one-time, 15-20-minute sessions utilizing slides, posters, and informational packets designed to inform clients of the risks posed by smoking and encourage clients to cut down or quit smoking. The clients' smoking

behaviors are noted on their charts and monitored to provide some sense of the programs' effectiveness.

0389. SAINT MARGARET HOSPITAL AND HEALTH CENTERS, 5454 Hohman Avenue, Hammond, Indiana 46320.

Program Title:
You Can Be In Control. A Stop Smoking Class.

Contact:
Ms. Marjorie Wenzel, Program Coordinator
(219)933-2071.

Description:
This program is based on the Chicago Lung Association model that offers a step-by-step plan to smoking cessation. The interval system allows each individual to become actively involved through self-direction in learning to be a non-

smoker. Assistance is offered through self-control techniques, relaxation techniques, group support, and weekly contracts.

0390. VIGO COUNTY HEALTH DEPARTMENT, 201 Cherry Street, Terre Haute, Indiana 47807.

Program Title:
FreshStart.

Contact:
Ms. Angela Ferree, Coordinator of Adult Services
(812)238-8436.

Description:
The American Cancer Society's FreshStart program is offered to the general public and also to Federal prison inmates. For more information, see the detailed program description in Part 1.

IOWA

0391. AMERICAN CANCER SOCIETY, IOWA DIVISION, INC., Post Office Box 65710, West Des Moines, Iowa 50265-0710.

Program Title:
FreshStart.

Contact:
Ms. Leslie Jurgensen, Program Director
(515)253-0147.

Description:
The American Cancer Society's FreshStart smoking cessation clinic is offered throughout the State. For more information, see the detailed program description in Part 1.

Program Title:
Heart At Work.

Contact:
Mr. William Cardamon, Director of Community Programs
(515)224-1025.

Description:
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

0392. AMERICAN HEART ASSOCIATION, IOWA AFFILIATE, 1111 Office Park Road, West Des Moines, Iowa 50265.

Program Title:
Heart Health Education Of The Young.

Contact:
Mr. William Cardamon, Director of Community Programs
(515)224-1025.

Description:
The American Heart Association's Heart Health Education Of The Young program is offered. For more information, see the detailed program description in Part 1.

0394. AMERICAN HEART ASSOCIATION, IOWA AFFILIATE, 1111 Office Park Road, West Des Moines, Iowa 50265.

Program Title:
Heart Rx.

Contact:
Mr. William Cardamon, Director of Community Programs
(515)224-1025.

Description:
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

0393. AMERICAN HEART ASSOCIATION, IOWA AFFILIATE, 1111 Office Park Road, West Des Moines, Iowa 50265.

0395. AMERICAN HEART ASSOCIATION, IOWA AFFILIATE, 1111 Office Park Road, West Des Moines, Iowa 50265.

Program Title:
Let's Talk About Smoking.

Contact:
Mr. William Cardamon, Director of Community Programs
(515)224-1025.

Description:
The American Heart Association's Let's Talk About Smoking program is offered. For more information, see the detailed program description in Part 1.

0396. AMERICAN HEART ASSOCIATION, IOWA AFFILIATE, 1111 Office Park Road, West Des Moines, Iowa 50265.

Program Title:
Save A Sweet Heart.

Contact:
Mr. William Cardamon, Director of Community Programs
(515)224-1025.

Description:
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

0397. AMERICAN LUNG ASSOCIATION OF IOWA, 1321 Walnut, Des Moines, Iowa 50309.

Program Title:
Biofeedback Smoking Education Project.

Contact:
Ms. Carol L. Siple, Director of Smoking Intervention
(515)243-1225.

Description:
The American Lung Association's Biofeedback Smoking Education Project is offered. For more information, see the detailed program description in Part 1.

0398. AMERICAN LUNG ASSOCIATION OF IOWA, 1321 Walnut, Des Moines, Iowa 50309.

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Ms. Carol L. Siple, Director of Smoking Intervention
(515)243-1225.

Description:
The American Lung Association's Freedom From Smoking For You And Your Baby self-help program is offered. For more information, see the program description in Part 1.

0399. AMERICAN LUNG ASSOCIATION OF IOWA, 1321 Walnut, Des Moines, Iowa 50309.

Program Title:
Freedom From Smoking For You And Your Family.

Contact:
Ms. Carol L. Siple, Director of Smoking Intervention
(515)243-1225.

Description:
The American Lung Association's Freedom From Smoking For You And Your Family program is offered. For more information, see the detailed program description in Part 1.

0400. AMERICAN LUNG ASSOCIATION OF IOWA, 1321 Walnut, Des Moines, Iowa 50309.

Program Title:
I'll Never Smoke.

Contact:
Ms. Carol L. Siple, Director of Smoking Intervention
(515)243-1225.

Description:
Junior high school students serve as counselors and role models for students in kindergarten through grade 6. Smoking is discouraged by illustrating the effects of smoking on the smoker and the nonsmoker, and by emphasizing decision making.

0401. AMERICAN LUNG ASSOCIATION OF IOWA, 1321 Walnut, Des Moines, Iowa 50309.

Program Title:
In Control.

Contact:
Ms. Carol L. Siple, Director of Smoking Intervention
(515)243-1225.

Description:
The American Lung Association's In Control smoking cessation program is offered. A 13-segment videocassette, 20-minute audiocassette and workbook are used and may be purchased or borrowed at no cost. For more information, see the detailed program description in Part 1.

0402. AMERICAN LUNG ASSOCIATION OF IOWA, 1321 Walnut, Des Moines, Iowa 50309.

Program Title:
Stop Smoking Clinic.

Contact:
Ms. Carol L. Siple, Director of Smoking Intervention
(515)243-1225.

Description:
Nine-week smoking cessation support groups are cosponsored by the American Lung Association of Iowa and Iowa State University. The first 3 weeks of the program prepare smokers to quit and then group members quit. The following 6 weeks focus on maintenance of the nonsmoking behavior. The program is based on 18 years of research by Harry Lando, Ph.D., of Iowa State University.